

TASTY WHEAT DISHES

Since wheat is an important crop in Ohio, it may be used to advantage in the grower's home as well as in those of adjacent communities. Whether the grain shall be used whole or cracked, or ground more finely, sifting out coarser portions for certain uses and the finer for other purposes, will depend upon the available facilities for grinding and the use. Cracked or whole wheat may be used interchangeably.

Recipes

In order to show uses of whole wheat, the Agricultural Extension Service of The Ohio State University suggests the following recipes, which were compiled by the Bureau of Home Economics, Washington, D. C., and the Extension Division of the School of Home Economics, Ohio State University.

The following recipes will make 6 good servings. All measurements should be level. Abbreviations used:

T.—tablespoon

t.—teaspoon

c.—cup

BREAKFAST DISHES

WHOLE WHEAT CEREAL

Wash and pick over the wheat. Drain and add three cups boiling water and one teaspoon salt to each cup of wheat. Heat to boiling point, then let soak in this water overnight. This heating prevents fermentation which may take place during the long soaking.

Cook the wheat directly over the fire for about half an hour, then finish cooking in the oven or over water until the grains burst (about 5 to 6 hours). Water may have to be added to wheat cooked in the oven. Or cook in the pressure cooker 2 hours under 10 pounds pressure, or 1½ hours under 15 pounds pressure.

Allow pressure cooker to cool to room temperature before opening petcock. If opened too soon water will be forced out of the grains, leaving them dry and hard.

Serve wheat with top milk, the same as any other cooked cereal.

CRACKED WHEAT

The proportion of water to wheat and method of cooking cracked wheat is the same as that for whole wheat except the length of time required for cooking. The time required is from one-third to one-half the time required for whole wheat.

CANNED WHOLE WHEAT

Wash and soak wheat according to directions above. Each cupful (6 ounces) of dry wheat will make from 2½ to 3¼ cups of cooked wheat, the amount depending upon the volume of water absorbed. Fill clean hot jars two-thirds full of the soaked wheat, then add water up to ½ inch of the top of the jar. Or,

Fill the jar one-third full of washed wheat, then add water up to ½ inch of the top of the jar, and salt (1 teaspoon to each cup of wheat).

Place rubber on jar and partially seal. Process in hot water bath until wheat kernels burst (4 to 6 hours), or in pressure cooker 2 hours at 15 pounds

pressure, or 3 hours at 10 pounds pressure. If pressure cooker is used allow cooker to cool to room temperature before opening the petcock. If petcock is opened too soon, water may be forced out of the grains and leave them small and hard.

FRIED WHOLE WHEAT MUSH

6 c. water 2 t. salt 2 c. cracked whole wheat

Place asbestos pad on fire underneath pan for cooking to prevent sticking of cereal. Let salted water come to a boil. Stir cracked wheat slowly into boiling water and let boil 45 minutes or longer. Turn into a wet mold. When cold, slice and brown in well greased skillet or on a greased pan in a hot oven. Serve with syrup made from brown sugar.

SUBSTANTIAL MAIN DISHES

VEGETABLE SOUP

2 c. finely shredded cabbage	3 c. tomato pulp and juice
1 c. diced carrots	3 c. milk
1 onion, cut fine	1 t. salt
1 thin slice of salt pork, diced, or	2 c. cooked wheat
4 T. drippings	$\frac{1}{2}$ t. soda

Simmer the cabbage, carrots, and onion in water to cover. Brown the diced pork and add the tomato, wheat, salt, and soda. The milk should be added just before serving and not allowed to come to the boil.

WHOLE WHEAT CHOWDER

2 c. diced carrot	2 c. water
1 medium size onion cut fine	2 c. milk
1 thin slice salt pork diced, or 4	2 c. cooked wheat
T. drippings	1 t. salt
1 T. flour	

Brown the onion and the carrot with the salt pork. Add the flour and blend until smooth. Cover the carrots with the water and simmer until about done, and add to the browned pork, onion, milk, and wheat. Simmer until the flavors are blended.

BEEF AND COOKED WHEAT

2 T. fat	$\frac{1}{2}$ of a chili pepper or mango if
1 onion chopped	desired
1 pound beef, diced	Salt
2 T. flour	2 c. cooked wheat
3 c. water	

Melt the fat and cook the onion for a few minutes, then add the meat and brown. When the meat has browned somewhat sprinkle with flour and add the water. Partially cover and simmer until the meat is tender. Stir in the wheat, add salt to taste, and cook a few minutes.

SCALLOPED LIVER AND WHOLE WHEAT

4 slices bacon	Flour
1 onion sliced	$\frac{1}{2}$ pound liver
Salt	2 c. cooked whole wheat
Pepper	$\frac{1}{2}$ c. hot water

Fry the bacon until crisp, remove it and brown the onion in the fat. Push the onions to one side of the skillet. Salt, pepper, and lightly flour the liver and fry it slowly in the bacon fat, until the red color disappears, turning it frequently. Cut up the liver and bacon, mix with sliced and browned onion, and add more salt if needed. Make a layer of the cooked wheat in a greased baking dish. Add the liver mixture and continue to alternate the layers until all the ingredients are used. Pour the water around the sides of the dish, cover and heat about 30 minutes. Serve from the dish.

WHOLE WHEAT, FISH AND TOMATO

$\frac{1}{2}$ pound canned fish	1 t. salt
1 quart canned tomatoes	$\frac{1}{2}$ t. pepper
$\frac{1}{2}$ c. chopped celery or onion	2 c. cooked whole wheat

Drain the fish, reserve the liquid and flake the fish into small pieces. Cook the tomatoes, celery, and fish liquid until the mixture is fairly thick. Add the seasoning, wheat, and fish, and cook a few minutes longer and stir to blend well. Serve on crisp toast.

WHOLE WHEAT PILAU

2 thin slices salt pork	2 c. chopped celery or cabbage
2 onions, cut fine	Salt
3 c. tomato juice and pulp	$\frac{1}{4}$ c. minced parsley, if desired
2 c. cooked wheat	Pepper

Chip the salt pork, add onions, and brown together. Heat the tomatoes, add the wheat, onions, celery, and salt, and cook about 15 minutes. Stir frequently. When the mixture has thickened stir in the crisped pork and parsley and add more salt if needed and the pepper. Serve on crisp toast.

BREADS

WHOLE WHEAT MUFFINS

1 c. sifted flour	1 egg
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ c. milk
2 t. baking powder	1 T. melted fat
1 c. cooked whole wheat	

Sift the dry ingredients together, add the wheat, and mix thoroughly. Beat the egg, add the milk, and stir into the dry ingredients with the fat. Pour into greased muffin pans and bake in a moderate oven about 30 minutes. Serve hot.

WHOLE WHEAT BREAD

4 $\frac{1}{2}$ to 5 c. whole wheat flour	1 cake compressed yeast
2 $\frac{1}{2}$ to 2 $\frac{3}{4}$ c. white flour	2 T. sugar
1 c. lukewarm water	1 T. salt
2 $\frac{1}{2}$ c. milk	2 T. melted fat

Add cake of yeast and sugar to water and let stand until yeast dissolves. Add milk which has been scalded and cooled to lukewarm temperature, then add 3 cups of whole wheat flour. Beat until bubbles rise to surface. Add melted fat, salt and remainder of flour until a soft dough is formed. Then turn onto board, knead until smooth but soft. Turn into a greased bowl until all sides are coated. Let rise 2 hours or until dough is double in bulk. Mold into loaves. Let rise one hour and bake in a moderate oven for one hour.

GRAHAM OR WHOLE WHEAT MUFFINS

2 c. whole wheat or graham flour	1 T. fat
1 egg	4 t. baking powder
$\frac{1}{2}$ t. salt	About $\frac{1}{4}$ c. milk
1 T. sugar	

Sift and measure the flour. Do not throw away the bran remaining in the sieve, but return it to the flour before measuring. Measure and add the dry ingredients. Crumble or cut in the fat until like coarse meal. Beat the egg without separating, and add to the milk. Add to dry ingredients, beating only until smooth. This batter is a little softer than plain muffins. Grease muffin pans and fill each cup one-half full. Bake 30 to 35 minutes in a hot oven.

Note.—One cup of white flour may be substituted for one cup of whole wheat or graham if desired.

WHOLE WHEAT BISCUITS

1 c. whole wheat flour	3 t. baking powder
1 c. white flour	2 T. fat
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ to 1 c. milk

Sift all dry ingredients except whole wheat flour three times. Then add the whole wheat flour. Cut in the fat, add the liquid gradually to make a soft dough. Roll out to $\frac{1}{2}$ inch thickness. Cut with a cutter dipped in flour. Place on a pan and bake in a hot oven 15 minutes.

DESSERTS

WHOLE WHEAT PUDDING

2 c. hot milk	1 c. chopped seeded raisins
2 c. cooked whole wheat	1 egg
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ t. vanilla
2 T. sugar	

Mix the milk, wheat, salt, and sugar. Add the raisins, beaten egg, and the vanilla. Pour into a baking dish and bake in a moderate oven about 30 minutes or until set. Chill before serving.

WHOLE WHEAT COOKIES

$\frac{3}{4}$ c. sifted flour	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ t. salt	1 egg
1 t. cinnamon	1 c. cooked whole wheat
$\frac{1}{4}$ t. soda	1 c. seedless raisins
1 t. baking powder	2 T. fat

Sift the dry ingredients together, except the sugar, add the fat, sugar, beaten egg, wheat, and raisins. Stir until well mixed. Drop by teaspoonfuls on a greased pan about 2 inches apart and bake in a moderate oven until lightly browned.

GRAHAM PUDDING I

$\frac{1}{2}$ c. fat	1 $\frac{1}{2}$ c. graham flour
$\frac{1}{2}$ c. molasses	$\frac{1}{2}$ t. soda
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ t. salt
1 egg	1 c. raisins

Melt butter, add molasses, milk and beaten egg. Sift dry ingredients, combine with molasses mixture and add raisins. Turn into a buttered mold, cover and steam 2 $\frac{1}{2}$ hours. Serve with a lemon sauce.

Lemon Sauce:

1 c. water	$\frac{1}{16}$ t. salt
$\frac{1}{2}$ c. sugar	2 T. flour
2 T. butter	1 T. lemon juice or 1 t. lemon extract

Combine sugar and flour. Add the water gradually, stirring to make a smooth mixture. Boil about 5 minutes, stirring constantly. Add the butter and flavoring. Serve on the graham pudding.

GRAHAM PUDDING II

2 c. graham flour	1 t. salt
6 c. water	1 c. raisins or dates

Make a batter of the flour with part of the cold water. Heat remainder of the water to boiling, add the batter to the boiling water, stirring constantly until it thickens. Cook the mixture from 1 to 2 hours. Add the raisins about one-half hour before the mush is done. Serve hot with cream or top milk.